



St. Mary's
Food Bank
ALLIANCE®

Horn of Plenty

A member of
**FEEDING™
AMERICA**

MISSION

To alleviate hunger through the gathering and distribution of food while encouraging self-sufficiency, collaboration, advocacy and education.

FALL 2016



Your generosity ensures Nancy and her family can get the food they need until their situation improves.

A Fresh Start, Thanks to You

Nancy had just started her home cleaning business several years ago, when she began cleaning the townhouse of a new client. He was “the tallest Irishman she’d ever seen.” She later learned this man was John van Hengel, the founder of St. Mary’s Food Bank.

“Mr. van Hengel was an awesome man,” Nancy said. “I miss him so much. I even took him to work a couple of times when he was using a walker.”

Since that time, Nancy has had her share of troubles. She went through a divorce. Some of her clients passed away, others moved. So there is less work available for her, which means money is tight. The result is that at age 48, she is

starting over again and has moved in with her daughter and son-in-law. Times are tough.

Nancy said, “St. Mary’s food gets us through that couple of weeks until somebody gets a paycheck.”

The last time she visited the Food Bank, she only had \$17 in her pocket. That was all she had to buy gas and milk and toiletries. Things are tough, but Nancy is working hard to start a new home cleaning business for realtors so she can be independent again.

“St. Mary’s food gets us through that couple of weeks until somebody gets a paycheck.”

Super Saturday Turkey Drive



St. Mary's will hold its tenth annual Super Saturday Turkey Drive on Saturday, November 19. Come join us at Food Bank locations in Phoenix and Surprise, as well as select Albertsons locations around the Valley and Flagstaff.

The goal is to receive turkeys to help prepare for the 2016 holiday season. In addition, St. Mary's will gladly accept any monetary or food donations (both perishable and nonperishable). All donors are invited to register for a chance to win one of two \$500 US Airways Cash Value Gift Cards on the day of the event. To learn more, visit

► firstfoodbank.org

Operation Santa Claus



Santa Claus is coming to town . . . and you can help him make the holiday season special for Arizona's families! ABC 15 is partnering up with Sanderson Ford and Sanderson Lincoln for the Fifteenth Annual Operation Santa Claus Charity Drive to collect toys, children's clothes, nonperishable food, and monetary donations for four Arizona charities.

You can get involved by dropping off donations to the participating location nearest you or any Operation Santa Claus event this holiday season. St. Mary's Food Bank Alliance is proud to be one of the local organizations that will benefit from your generous donations. With each accepted donation, you will have the opportunity to be entered to win a new car. To learn more, visit:

► givetotheclaus.com



A Letter from Our President & Chief Executive Officer . . . Tom Kertis

My Holiday Wish

The holidays will be here before you know it. If I could create a list of what I want this holiday, there would be only one thing on it. Just a simple request, really. I wish for an end to hunger here in Arizona.

You might be thinking I am crazy or asking for too much. But, together, we really do have the power to end hunger. A recent article stated that "the world already produces more than 1-1/2 times enough food to feed everyone on the planet."

So what's the problem?

The issue is that many of your neighbors who are struggling can't afford to buy this food. Or their meager budgets only allow them to buy cheap, nutrient-deficient items. That's just not good enough.

Thanks to our relationships with grocery stores, growers, produce houses, manufacturers, foodservice companies and other industry partners, we are able to rescue grocery items and fresh produce that are still good. This enables us to turn every \$1 of support we receive into 7 meals.

The challenge is getting that food sorted, boxed and distributed to those in need — and educating hungry people about how to get this food. That's why we are so thankful for every person who generously gives time and money to help. None of what we do would be possible without the dedication of volunteers and financial supporters.

As we prepare to enter the holiday season, let's work together to try and end hunger in Arizona. Thank you for your faithful friendship and continued generosity.

With gratitude,

Tom Kertis



There When Times Are Tough

My aunt told me about St. Mary's Food Bank Alliance when I was having a crisis. The first time I came was probably three years ago, and then I just recently started coming back again.

Each time I come to St. Mary's it's because the cupboard is bare. So without your help, I wouldn't know what to do.

"I'm especially grateful for the help at Thanksgiving and Christmas."

I just got a job, but it's really difficult to make ends meet on a teacher's salary when you are by yourself. There's rent, car note, insurance, lights, phone, food and more. You just have to find some way to make it work.

My five girls are gone and grown. The last one left just four months ago. So it was hard with her and her two kids. I had to feed everybody, and that wasn't fun, but we did it.

Things were going okay for a while, but then it got rough again. So I'm back. It's nice to know that they are there to help you when you need it. Without St. Mary's, do you know how many people would go hungry? They depend on St. Mary's for food when times get rough.

I'm especially grateful for the help at Thanksgiving and Christmas. Without you, I wouldn't have a turkey. Every year around the holidays I look forward to coming here, because



King, a local teacher, counts on support from friends like you when she can't make ends meet and her cupboard is bare.

I know we're going to get that meal. Without it, I wouldn't be able to do it. My girls may try to bring me something, but I can't swing it on my own with the rent and everything. So the help means so much for me during this time of year.

Thank you very much. Without your support and St. Mary's, I would just be at a loss. I'm extremely grateful.

HOPE IS ON THE MENU THIS HOLIDAY!

For many of your hungry neighbors in Arizona, there simply isn't enough money to buy a turkey and all the trimmings for their holiday table. In fact, their table is often empty other days of the year as well. Or at least it would be, if it weren't for the generosity of caring friends like you!

Thanks to your compassionate support, last year St. Mary's was able to provide more than 20,000 turkeys plus hundreds of thousands of food items to help tens of thousands of families through the holiday season.

This year, we expect even more local families will turn to St. Mary's for help. Your support is critical to serve all the hungry families in our community during the holiday season. **Thank you for giving them hope and help during the holidays, and all year long.**



Without Food, You Don't Have Anything

My husband got hurt. He used to work full-time for a company, so that was steady money, but now he can't work because he's injured. He does little side jobs when he can. I work when I can.

One of my friends used to come to St. Mary's for help, and she recommended I come because I wasn't working full-time either. I've been using this program off and on for the last year, just when I really need it.

We combine my money and his money to cover the bills, but what about the groceries? That's when we come here. I have an 11-year-old son and a 20-year-old who already moved out. I said, "We're not going to starve. We'll do something."

St. Mary's is a big blessing for my family and me. Now we have something on the table so we can survive. My son eats at the Kids Cafe during school, and he brings home backpacks on the weekend.

It's hard to explain hunger. You can have a shelter, but if you don't have food, it's like you don't have anything.

Without St. Mary's, I would probably have to ask family members for cash here and there, but I don't want to do that. I think everybody is going through hard stuff, and nobody has extra money.

"It's hard to explain hunger. If you don't have food, it's like you don't have anything."



Thank you for helping Cristina keep food on the table for her 11-year-old son and husband.

I'm thankful for all the people out there who care about us. Knowing that we're not just forgotten. I hope that I don't need help forever, but I know I still need it right now.

There are a lot of people that really need help. When I get settled and everything gets better, I want to volunteer to give back because I have received a lot.

I will never forget this help. I just want to thank you so much because your support means a lot to us. It really does.

Did you know you could get a refund on your taxes?



Take advantage of the Arizona Charitable Tax Credit (formerly known as the Working Poor Tax Credit). Legislation has recently doubled the amount of credit you can receive for your charitable gift.

You can receive a dollar-for-dollar tax credit for your donation to St. Mary's Food Bank Alliance — up to \$400 individually or \$800 if you file jointly. You do NOT have to itemize your taxes to take advantage of this state tax credit.

Please consult a qualified tax advisor for advice on your personal situation or to learn more.

Find Us!

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